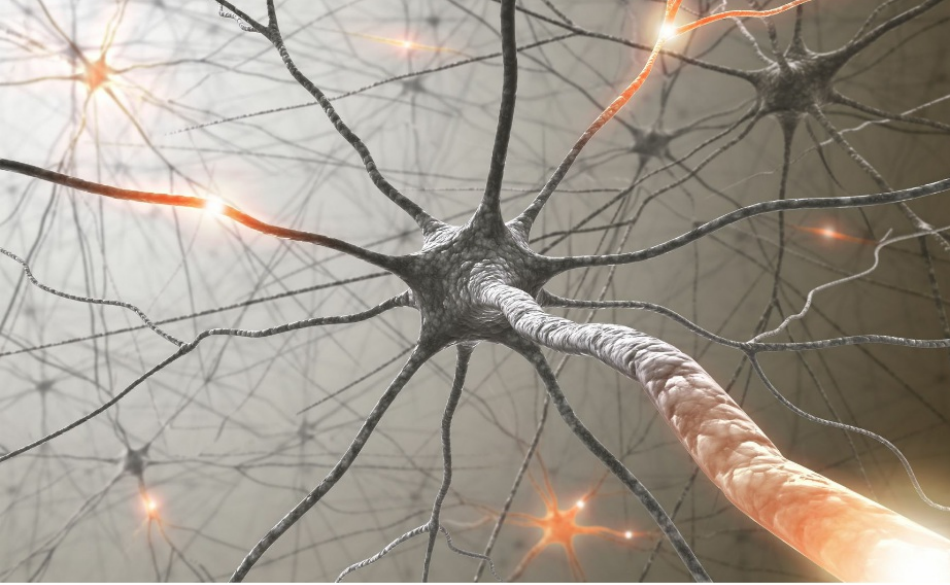




Neuroplasticity

Social
Exercises



Talk To A Stranger



Read Out Loud With Your Partner



Take A Hitch-hiker



Become A Volunteer



Write A Thank-You Letter



Play With Kids



Meet 10 People During Networking



Become An Actor



Do 3 Acts Of Random Kindness



Give Out Free Hugs



Talk To An Elder

